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AT THE JUNCTION.

By OSORO P. J. NYAWANGAH

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African young girls are always on the go at the earlier age of about 9 years. Loving blindly without taking into account the consequences:

The argument over abortion is rarely waged with much reference to reason. Our courage and determination usually make as illogical. When the issue at stake is whether to legalize it, many argue the moral issue rather than the simple legal question of who should make the decision. The story I am narrating avoids much of this debate and in steady homes in on the decision that are actually being taken young African women who have had unplanned pregnancies

The choices, ranging from quick abortions to fatal poisoning and keeping the baby. Are always made with little outside help. One of the women interviewed decided to give mothered a try!

The pressure society places on young women who have children out of wedlock is enormous. Because abortions are virtually taboo, they decision to keep the baby or terminate the pregnancy is often made unaided.

O what extent then does this pressure and panicked decision-making lead to unnecessary abortion?

When a young unmarried girl discovers that she is pregnancy, she is often forced to struggle with difficult questions about life, responsibility and sometimes death, should she keep the baby or have an abortion? Should the reaction of the baby's father have any bearing on this decision? Should she tell her parents and risk losing their emotional and financial support? Is she ready for the devastating effect having a baby or an abortion will have on her life?

Now, in the cases of the like making the right choices easy and neither is leaving with the decisions whether they are right or wrong.

Here are what three of many interviewed women had to say:

ANNA SAMSON (16) a clergyman's daughter brought up under certain Christian family had been looking at her underwear for a week now wondering whether her period would come.

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She suspected that she was pregnant but was hoping against hope that she was not! With no source of income to support a growing child, her mind was almost made up as to what she would do should be confirm her suspicious.

" I decided to have an abortion, and opted not to tell the father of the child" She says. He was a student and had no job and prospects and she felt that it would not help the situation in any way had he known. " Once I made my mind." She calls "All I could think of was how soon I could end the whole thing."

She did not want her parents back home to find out. And with a help of a friend (School– mate) she managed to raise Tsh 35000(USD 39) to pay for the secret operation, which was successful. She doesn't think that she did anything wrong, given the situation she was in.

"If we dead and slipped into oblivion, may be the fate would be kinder." This is the thought that first came into the mind of 18–years old that first KABULA MAKOYE before she killed her two–day–old baby girl by throwing her into a pit. She felt that she could no longer bear the cruelty of her for having given birth out of wedlock.

"My mother was abusing me every time with claims that I have disgraced them. Recall Kabula who dropped out of school, got pregnant while working as a barmaid in Mwanza town Tanzania. She was not ready fro the baby because of poverty surrounded their family because of poverty surrounded their family and because she could not tell who the baby's father was (as a barmaid she had almost six casual boyfriends)

After killing her baby she decided to poison herself, and was caught on process by her father.

"I think I am pregnant" 19 years old MARIA OLARE said to her boyfriend early in 2001. She was apprehensive because every morning, she wakeup feeling tired and sick. She was not the only one suspected pregnancy; three months

Into it, her mother Susan sensed that something was wrong.

Being the eldest girl in her family, she feared that she would be accused of setting a bad example for her younger sister. And how would her strict father react? "We were great friends, but when he learned of it from his wife that their elder daughter was pregnant, he was speechless. Completely changed." She says.

Although she felt guilt, she believed that her father's reaction was excessive. Not once did she consider terminating the pregnancy.

These are but a few tough choices always being taken blindly by our sister daily following unplanned pregnancies. Reasoned discussion of these issues should make the choices a little clearer for the girls forced to make these tough decisions.

## PENURY AMID PLENTY

Who owns our natural resources? Why the people are so poor and desperate in rich Lake Victoria Basin

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Lake Victoria (Nyanza as called by local people) is the second biggest Lake in the world and the father to Egyptian riches, 40 years ago it had over 320 old fish species; now it possesses only eight species! Its basin is potentially the richest region in East Africa and occupied by so poor people, its environment in such deep crisis! Why?

The Lake's resource wealth is further increased by the fact that its soils are among the most fertile in East Africa. The varied and rich cultures of its peoples, its breath taking scenery and abundant wildlife and the thorough vastness of the Lake make it potentially a prime tourism destination.

Factor in region's capacity for agricultural variety output, industry, hydro– electricity, the gold and other mineral deposit in such places as Tarime, Serengeti, Musoma, Geita and Kahama in Tanzania, and Macalder in Kenya. And again, you are looking at the richest region in East Africa.

Yet,

The people of this great Lake; the Luo, sukuma, Haya, Baganda etc. are among the poorest in the world. Official statistics put poverty level at an average of 49% of East African population. Malnutrition is wider spread, high child mortality, protein deficiency in this protein rich Zone. Add to this, the

economy, social and environmental cost of the deadly HIV/AIDS, whose incidence in the Lake world and a stern picture begins to look very sad.

There are many activities taking place daily in and around the lake: agriculture, Fishing, Irrigation, Mining etc. But all in vain! The people remain poor amid all riches; they are yet to enjoy the fruits of being granted with this golden prize. Most are blaming their governments for not implementing effective strategies towards the basin development.

Waste in the Lake Victoria basin is a two–way highway.

\*Flowing down into the Lake is the waste and high population generated upstream and taken through by twenty big feeder rivers (10 in Kenya, 6 in Tanzania and 4 in Uganda). All these and other smaller ones drain their contents into the Lake, taking with them the same severe disease.

Untreated sewage from municipalities, rural towns and village, toxic effluent from industries and sediments (which is carried in huge tonnage daily)

All East African countries are the major contributor to the lake pollution but are doing the least about it. Because of lack of sewer, treatment works; largely unregulated agro industries dump untreated effluent into the rivers or direct into the Lake. Pesticides, herbicides and fertilizers find their way into the Lake without forgetting the entire weight of village's waste, which also rolls down into the rivers ending their journey into our precious Lake. And to crown it all, the water from the lakes is used directly for–domestic consumption.

The fish species have disappeared due to the quality of water in the Lake and around the shoreline, where most of the

Fish would breed in the littoral zone. The water hyacinth, which was first noticed in the late 1980's, has also been a big threat. And the other reason is the introduction of the Nile Perch (the voracious carnivore).

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\*Leaving the basin, flows the regions wealth; for all of it's problems, however, the lake basin also contains immense natural wealth. It sustains the largest fresh water fisheries in the world. It's waters are rich fishing grounds, so rich in fact that the agents of various foreign owned fish processing companies riding daily in fleets with truckloads of the lakes wealth. Landing points are always overcrowded with incoming trucks, leaving contented. On each departure, their trucks are taken with the lakes harvest, belching smokes and fumes of dead fish. Of the huge tonnage from the points around, the local residents are left with the dried skeletons of processed fish for their meals; eating fish by the lake is luxury! There is a lot of money going out leaving the fishermen poor; they sell their catch at throwaway prices because they cannot store it. (Their prices go as down as USD 0.25 per Kg which fetches USD 6 in Nairobi/Mwanza markets after being processed into fillet and at least fetches twice on the international markets).

The regions challenges are enormous; waste and poverty make awful bed fellows and have spawned an evil child; debilitating culture of dependency. Such altitudes indicate the extent to which many feel that they have lost out a stake in managing their own resource. Poor Lake Victoria' you are no longer the PEAR OF AFRICA.

### HOW TO ACHIEVE TRUE HAPPINESS:

Person's life is full of wealth; gold and all types of minerals are found in MAN. Unless you dig for them, you cannot possess true happiness.

" Happy are the pure in heart; they will see God" So goes the gospel (Mathew 5:8). Have you ever stopped to think of who decides on your happiness life in the world? Is happiness God made or chance? Can a person create his happiness life? You and you alone are in control of your life direction you can drive your self to true happiness or to rags! But in order to be happy, one needs to concentrate on happy thoughts.

People always ignore the compliments paid to them by others, yet dwelling on unkind words for weeks. They tend to remember compliments for only few minutes or so, but do not forget insult for years. By so doing, you become garbage collector who carries around trash thrown long years ago. You will have to suffer the consequences if you ever allow your mind to be occupied by bad experience.

Remember, you being in control of your own mind (heart), you should make happiness and joy the center of your world. These are always within you; all you have to do is to be sure you are connected with this place inside you. Then build your life around joy.

When you are triumphant, you can be creative because you become open to new Ideas.

For those who were thinking that they could not create their happiness and had given up stresses, I console them and tell them that all is not lost; they still have time to have renovate happiness and be successful if they comply with the following gateways.

\*RELAXATION: This is very important for joy and peak performance. As you relax, your metabolism comes into balance. You say yes for the defeat and start afresh, and by so doing you become laid back and happy.

\*CRITICISM: This is a useless act, accomplishes not any positive results. Do not do it to yourself or

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others. Thinking negatively about your self–challenger or other people is the greatest cause of limitations in our lives. Never moan, groan and grouch to any one who will only listen, but do to a person who can do something. Complaining to irrelevant person will only add to your stress.

\*NEGATIVE THOUGHTS: This kill, like HIV/AIDS, negative thinking is a killer; it affects the mind, body and emotions. Your thoughts create your physical reality. If you don't get rid of negative thoughts, expect negative results such as withholding, dislike, poverty, poor image, unhappiness and misery.

\*EDUCATION: This like the ocean, it has no end. Educate yourself and be armed with knowledge. Learning is lifelong experience; get it from older people or those who have succeeded and ahead in the game of life.

Read books, newspapers, watch TV, the Internet etc. You still have time for this since it's the key to good life.

\*CARING ONESELF: Love yourself and take care of your body; you live once and for good! Make sure you care for your self if you want to live a long and fulfilling life. It is your own task; no one else can do it for you mind your diet, hygiene and exercise for your physical and mental fitness. Feel and look good by working on your body. Laugh so as to make all kinds of wonderful things happen to benefit your body and mind. Get yourself at ease and be relaxed; the more relaxed the less pain you feel.

\*CREATIVITY: Life itself is creation, so this is the best time for you to create whatever creative nature you instead for. Work hard and be contented with your work. Build your family by working hard. Choose a paying and legal carrier, enjoy your work and make sure you are not enslaving your self for working for the sake of money.

\*COMPLIMENTS: Pay full attention to the people with huge egos. They always have strong desire for recognition; yet have little concern for those around. They do not give compliments but thrive for! You should realize that it's healthy to acknowledge a work well alone. Have a self–respect and integrity and keep your word. Cure all kinds of disease affecting your happiness and harvest best results such as love, caring, good health and success in you life. This relies on your self–ACT NOW.

FREELANCE JOURNALIST, DISTRICT POLITICAL PARTY SECRETARY AND AFRICAN CULTURAL ADVOCATE.

### **Holistic Junction Explains Why Healing Arts and Massage Schools are Vital to the Medical**

#### **Community**

**By C. Bailey–Lloyd/LadyCamelot**

### **Holistic Junction Explains Why Healing Arts and Massage Schools are Vital to the Medical Community by C. Bailey–Lloyd/LadyCamelot**

With over 2 million consumer hits monthly, and 13,000+ page views per day, Holistic Junction discovered the crucial need for promoting Healing Arts and Massage Schools for several reasons.

Opening the doors for opportunity one student at a time, Holistic Junction believes in preserving fundamental health care portal to prospective students and future healthcare providers by creating a community–based site founded on the principles of attaining overall wellbeing – mind, body and spirit.

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A holistic approach, Holistic Junction understands core values in achieving and maintaining a holistic lifestyle that provides essential nourishment for complete physical, mental and emotional health.

Holistic Junction holds high regard to alternative medicine as it is comprised of a broad and unique spectrum of techniques, modalities and medical systems based on varying cultures and even ancient healing therapies.

According to the World Health Organization, alternative medicine (also known as 'traditional medicine') is increasing in use and popularity. In China alone, herbal preparations account for 30–50% of overall medicines. Additionally, in Europe, North America and other industrialized regions, over 50% of the population have used complementary or alternative medicine. 158 Million Americans used complementary medicines in the year 2000 itself. Overall, the findings of the World Health Organization also show that the global market for herbal medicines presently generates over \$60 Billion annually and is on the rise.

So why does Holistic Junction promote alternative, healing arts and massage schools? Holistic Junction understands how the world is continually evolving into a newer, efficient and more health-enhanced society. By providing a venue for safe, effective and affordable alternative treatments through higher education and training programs' support, Holistic Junction educates general public on alternative methods by increasing knowledge of alternative, healing arts and massage schools via interactive communications.

More than just a promotional directory, Holistic Junction is a unique web-based community of people and businesses from all around the globe who aspire to and believe in positive spirituality, higher consciousness, healthy living and environmental awareness. Thus is the reasoning why Holistic Junction supports and promotes cognizance of these basic, but highly effective training programs and schools.

Holistic Junction is designed to allow individuals not only to find the appropriate alternative, healing arts and/or massage school, it is truly a wonderful and affordable 'family' portal that is geared toward issues dealing with the 'whole' and positive pathway to holistic insight and information.

To learn more about Holistic Junction's Alternative, Healing Arts or Massage Schools, please feel free to stop by.

For more information about Alternative, Healing Arts and/or Massage Schools, contact [ladycamelot@holisticjunction.com](mailto:ladycamelot@holisticjunction.com)

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